

# *Wellness for Women:*

## *A Gathering of Women Who Served*



**Saturday, November 12, 2016**

**at the**

**Saint Francis Comprehensive Women's Health Center**

Join fellow women Veterans and active duty women for a morning of comradery, health screenings, & education with special guests:

**Dr. Linda Schwartz, Assistant Secretary for Policy and Planning & Commissioner Sean M. Connolly, Department of Veterans Affairs**

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7:30 a.m. - 8:30 a.m. – **Free Breakfast & Social**

8:30 a.m. – **Program and Presentations** begin

9:30 a.m.– 12 p.m.–**Free Health Screenings & education** including:

- Heart health screening (cholesterol, BP, diabetes, BMI)
- Mammograms (pre-registration required)
- Mini education sessions of meditation, yoga, & nutrition

12 pm- **Free Lunch**

**Ask questions & get registered for the VA!**

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**To Register:** Please call toll-free 1-877-783-7262



**SAINT FRANCIS**  
Hospital and Medical Center

**Location:** Comprehensive Women's Health Center, 114 Woodland Street, Hartford CT (Corner of Collins and Woodland Streets).

**Parking:** Free parking across from center or validated if in garage.

**WOMEN VETERANS HEALTH CARE**

*You served, you deserve  
★ the best care anywhere.*

